



Helping maintain independence & well-being

Senior Lunch Sites – March 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50	Mexican Corn Soup w/Crackers Chicken Fajitas Fajitas Vegetables Sour Cream Salsa Pinto Beans Flour Tortilla Pineapple Chunks	Pork Loin Roast w/Gravy Applesauce Sweet Potatoes Broccoli Wheat Roll Angel Food Cake w/Topping	Minestrone Soup w/Crackers Chicken Marsala Penne Pasta Garden Salad Italian Dressing Garlic Breadstick Fresh Fruit	Mac N' Beef Casserole California Blend Vegetables Green Salad w/Italian Dressing Wheat Roll Peach Crisp Orange Juice
7	8	9	10	11
Hearty Vegetable Soup Sweet and Sour Chicken w/Stir Fried Vegetables Steamed Rice Fruited Gelatin Apple Juice	Tomato Rice Soup w/Crackers Baked Meatloaf w/Gravy Mashed Potatoes Wheat Roll Fruit Cup	Cream of Spinach Soup w/Crackers Breaded Fish w/Tartar Sauce Red Potatoes Peas and Carrots Wheat Roll Melon	Meat Lasagna Italian Blend Vegetables Caesar Salad Sourdough Roll Cake	Butternut Squash Soup w/Crackers Vegetarian Quiche Salad w/Thousand Island Dressing Fruited Muffin Fresh Fruit
14	15	16	17	18
Lentil Soup w/Crackers Beef Pot Roast w/Gravy Red Potatoes Broccoli Wheat Bread Tropical Fruit Mix	Chicken w/Creamy Tarragon Sauce Rice Pilaf Peas and Carrots Wheat Roll Fresh Fruit	Farmer's Soup w/Crackers Open Face Hot Turkey Sandwich w/Gravy & Cranberry Sauce Mashed Potatoes Wheat Bread Pineapple Chunks	St. Patty's Day! Corned Beef Cabbage Red Skin Potatoes Rye Bread Shamrock Dessert 	Hamburger on Wheat Bun w/Onion, Lettuce & Tomato Potato Salad Cucumber Salad Orange Juice Oatmeal Raisin Cookie
21	22	23	24	25
Baked Chicken Breast w/Herb Gravy Rice Pilaf Capri Blend Vegetables Wheat Roll Fresh Fruit	Egg Drop Soup w/Crackers Sweet and Sour Pork Steamed Rice Blended Vegetables Lemon Tart	Chili Con Carne w/Onion & Shredded Cheese Garden Salad w/Ranch Cornbread Fresh Fruit	Birthday Party Split Pea Soup w/Crackers Stuffed Bell Pepper Mashed Potatoes Spring Mix Salad w/French Dressing Wheat Roll Apple Crisp	Stuffed Salmon w/Sauce Rosemary Redskin Potatoes Whole Baby Carrots Wheat Roll Chunky Fruit Salad
28	29	30	31	
Swiss Steak w/Gravy Mashed Potatoes California Blend Vegetables Wheat Roll Fresh Fruit Orange-Pine Juice	Beef Hot Dog w/Wheat Bun w/Onion Macaroni Salad Coleslaw Brownie	Holly Farm Chicken Rosemary Redskin Potatoes Chefs Cut Vegetables Wheat Roll Mandarin Oranges	Tortilla Soup Pork Chili Verde w/Sour Cream Pinto Beans Flour tortilla Custard Orange Juice	

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems.

This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.

*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of Cholesterol, 0% transfat buttery spread served with bread and rolls

sodium. Low